

经皮穿刺低温等离子消融术联合臭氧治疗颈椎间盘突出症的临床效果

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摘要

目的：探讨经皮穿刺低温等离子消融术联合臭氧治疗颈椎间盘突出症的临床效果。**方法：**搜集在我院诊治的颈椎间盘突出症患者 48 例，采用经皮穿刺低温等离子消融术联合臭氧进行治疗，观察治疗前、治疗后 24h、1 周、1 个月和 6 个月的颈椎疼痛 VAS、ODI 评分和临床疗效。**结果：**经过治疗后 24h、1 周、1 个月、6 个月与治疗前比较，VAS 和 ODI 评分均有统计学意义，均 $p < 0.05$ 。**结论：**采用经皮穿刺低温等离子消融术联合臭氧治疗颈椎间盘突出症后，临床疗效较好。

关键词：经皮穿刺低温等离子消融术；臭氧；颈椎间盘突出症

The curative effect of percutaneous low temperature plasma ablation combined with ozone treatment of cervical disc herniation

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ABSTRACT

Objective: Study the curative effect of percutaneous low temperature plasma ablation combined with ozone treatment of cervical disc herniation. **Methods:** Collect 48 cases with cervical disc herniation were diagnosed in our hospital. Treated with percutaneous low temperature plasma ablation combined with ozone, observe the pain VAS on cervical, ODI grade and curative effect before treatment, 24h, 1week, 1month, 6month after treatment. **Results:** The grade of VAS and ODI on 24h, 1week, 1month, 6month after treatment have statistically difference compared with before treatment, $p < 0.05$. **Conclusion:** The curative effect of percutaneous low temperature plasma ablation combined with ozone has good.

Keywords: Percutaneous low temperature plasma ablation; Ozone; Cervical disc herniation

1 前言

颈椎间盘突出症是临床较为常见和多发的一种疾病，常见于中老年人，颈椎间盘退行性改变是发病的基本

因素，颈椎间盘退行性改变导致纤维环破裂，髓核突出，压迫并刺激神经根的临床综合征^[1]。颈椎间盘突出症发病率高且呈上升趋势，严重影响人类劳动及生

经皮穿刺低温等离子消融术联合臭氧治疗颈椎间盘突出症的临床效果

治疗^[6-8]。经皮穿刺低温等离子消融术联合臭氧治疗颈椎间盘突出症，创伤小、术后恢复快、不破坏颈椎的稳定性^[9]。值得临床推广和使用。

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